

PARTICIPANT INFORMATION SHEET

Name of Study:	Study to assess the Scottish consumer acceptance towards hemp-based staple foods
Study Chief Investigator:	Dr Madalina Neacsu

You are invited to take part in a consumer research study. Before you decide whether to volunteer, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully. Talk to others about the study if you wish. You must be able to understand English and the study documents to take part.

Please do not hesitate to contact us (see below) if there is anything that is not clear or if you would like more information.

What is the purpose of this study?

The purpose of this study is to assess the acceptance of Scottish consumers towards hemp-based foods. This is done by monitoring consumer satisfaction and compliance with consuming these new foods.

Why have I been chosen?

You have been chosen because you live in Scotland and are over 18 years old.

You cannot take part if:

- you don't eat or do not want to eat bread, milk, or oil
- you have food allergies to the products supplied (hemp oil, hemp milk and wheat bread fortified with hemp flour)
- you are coeliac
- you are line managed or supervised by CI or study PIs.

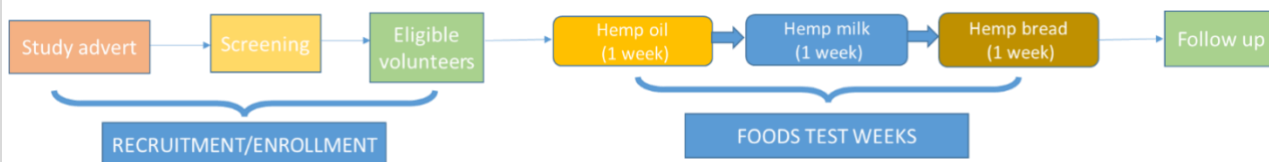
Do I have to take part?

No. It is up to you to decide whether you want to participate.
If you do, you will be given this information sheet to keep and be asked to sign a consent form.

You can withdraw at any time without giving a reason. If you do withdraw from the study, any data collected up to this point may still be used (unless you ask for your data to be destroyed).

What will happen if I take part?

If you agree to participate, an initial screening will take place, ensuring you meet the inclusion/exclusion criteria, rule out specific food allergies and fill out a short questionnaire to assess your usual consumption of milk, bread and oil. This will take place preferably via email, or on the phone but we can accommodate this in person at the Rowett Institute.



Study flowchart

If you meet the inclusion criteria, you will be asked to sign a consent form and be formally recruited into the study. Again, this will take place via email, or if you prefer at the Rowett Institute in person. You will be given a unique identification number that will always be used during the study to keep your identity anonymous.

You will receive home three test foods (hemp-fortified bread, hemp milk and hemp oil) and be instructed to use them without any restriction, by literally replacing your habitual oil, milk, bread or other baking products for one week each. The milk and oil will be delivered to your home at the beginning of the study as they are long time shelf products, and the bread will be delivered fresh for the week testing the bread products. Using a specifically designed online questionnaire, we will record the frequency and quantity of the hemp food swaps daily for the entire period (daily for one week for each food item, three weeks in total) as well as your compliance and satisfaction towards the hemp food products. You will be asked to taste one product per week for one week each, therefore will be a total of three weeks of hemp food tasting.

Four weeks after completing all the hemp food replacement challenges, we will ask you to complete an online food questionnaire again. This is to see whether you continue to replace your habitual foods with the hemp-based equivalents.

What will happen to the data collected?

Data collected will be stored in secure electronic files on study-specific shared drives. All other data generated during the project will be consumer perception and acceptance of hemp-based foods with no identifiable volunteer information attached. All electronic data will be stored “ad infinitum” on the University of Aberdeen central server. Archiving will only occur once all relevant paper data has been published. It is expected that paper data (if any) will be archived after 10 years following publication of the project, in line with the institutional retention schedule.

The consumer satisfaction and compliance with consuming hemp-based foods will be recorded. A study report to inform key hemp food chain stakeholders, such as farmers and food producers, of the study findings will be written and circulated.

Expenses and payments

You will not receive any payment for your participation in this study.

What are the possible benefits of taking part in the study?

You will be provided with one week of hemp bread, one week of hemp oil and one week of hemp milk. The study may not help you personally, but the information we collect useful information for hemp producers and processors, such as farmers and the food industry.

“What are the possible disadvantages and risks of taking part?”

The main inconvenience will be the time spent to fill in the questionnaires.

What if there is a problem?

Hemp is not a listed allergen, and its protein has low allergenicity, which means it is well-tolerated by most people and not likely to cause an allergic reaction. However, people can develop an allergy to any food at any time.

If you notice potential hemp side-effects (listed below) when consume hemp food products, stop taking the products and to contact your GP or A&E department:

Irritation: itchiness, swelling, and puffiness of the eyes, and the skin in general.

Hives: in the forms of skin rash, plaques, or pale red bumps.

Allergic Rhinitis: sneezing, running nose, and nasal congestion.

Asthma: difficulty in breathing, tightness in the chest, and abnormal lung function.

Conjunctivitis: pink and/or red bloodshot eyes.

Anaphylaxis: skin rash, nausea, vomiting, difficulty in breathing, and shock.

At any time during the study, if you have a complaint or concern that you have been unable to resolve with the Principal Investigator, you can contact Deputy Director Dr Frank Thies, and as Head of the Human Studies Management Committee is independent of the study. You can be assured that Dr Thies will treat your concerns sympathetically and confidentially. He can be contacted by phone on 01224 437954, and email to: f.thies@abdn.ac.uk.

Who has reviewed this study?

This study has been reviewed by the University of Aberdeen, Rowett Institute’s Human Studies Management Committee and ethically approved by their Ethical Review Panel.

Who is organising and funding the research?

The study is being run by the University of Aberdeen and is funded by Scottish Government, RESAS. The research team involved will not be paid for including you in this study.

Will my taking part be kept confidential?

All the information we collect about an individual will be kept strictly confidential within the research team. Information about the identities of the volunteers will be stored in locked facilities. Anonymised data will be stored on a computer database under the UK’s data protection law guidelines. Your participation in the study will be kept confidential, and you will not be identified in any report or publication.

How will we use information about you?

We will need to use information from you for this research project.

This information will include your name and contact details People will use this information to do the research or to check your records to make sure that the research is being done properly.

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People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

We will keep all information about you safe and secure.

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

What are your choices about how your information is used?

You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have.

We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.

If data will be used for future research: If you agree to take part in this study, you will have the option to take part in future research using your data saved from this study.

Paper study documents will be archived in line with the University of Aberdeen's archival policy. Archiving will only occur once all relevant paper data has been published. It is expected that paper data will be published within 5 years after collection and will be archived for 10 years after publication, in line with the institutional retention schedule. The chief investigator will hold an electronic copy of the generated data indefinitely, on one of the University's backed-up Shared Drives.

More on the University's policy: [Data Protection policy.pdf \(abdn.ac.uk\)](#)

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